

VU Research Portal

The management of occupational low back pain and its cost-effectiveness

Hlobil, H.

2009

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Hlobil, H. (2009). *The management of occupational low back pain and its cost-effectiveness*.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

The socio-economic consequences of low back pain for the worker, the employer and society are substantial in terms of high compensation costs due to a delay in return-to-work or even permanent disability.

The study, presented in this thesis, reports on the results of a randomized controlled trial on the return-to-work, regarding the effects of a graded activity intervention compared to usual care. Another objective of this study was a comparison of the costs and benefits of the graded activity intervention versus usual care. The graded activity intervention was based on a physical exercise programme, applying behavioural principles. The goals of the programme were improvement of functioning and rapid and safe return to work, despite persistence of pain.

The workers in the graded activity group returned to work faster than the workers in the usual care group. The average investment for the graded activity intervention was at the end of the first year only € 83 more compared to the health care utilization costs in the usual care group. In the same period, the average savings due to a reduction of workers' compensation costs amounted to € 999. This means that every additional euro that was invested in the graded activity intervention above the usual care saved an average €11.

The management of occupational low back pain and its cost-effectiveness

The management of occupational low back pain and its cost-effectiveness

Hynek Hlobil

Hynek Hlobil

UITNODIGING

Voor het bijwonen van de openbare verdediging van mijn proefschrift

The management of occupational low back pain and its cost-effectiveness

op maandag
7 september 2009
om 15.45 uur in de
Aula van het Hoofdgebouw
van de Vrije Universiteit
de Boelelaan 1105
te Amsterdam

Na afloop van de promotie
is er een receptie

Hynek Hlobil
Zaanenlaan 16
2024 ZA Haarlem
06-51456856
Hlobil@hetnet.nl

Paranimfen

Tobias Hlobil
0657766836
Tobias.Hlobil@gmail.com

Jan Hlobil
0628133306
JanHlobil@gmail.com

Sára Hlobil
0620143451
SHlobil@Hotmail.com